



**FITNESS DICE**

# DELAWARE 4-H *Healthy Living*

## GOALS

To practice basic physical fitness and to promote leadership skills. Participants will learn useful exercises and practice leading a group of peers.

## SUPPLIES

- This sheet of paper
- 3 oversized foam dice per 8-10 youth, one of which is labeled with the names of 6 different exercises with permanent marker (jumping jacks, push ups, arm circles, crunches, toe touches, hopping on one foot)

## TIME REQUIRED

15-30 minutes

## SUGGESTED AUDIENCE

Ages 8 and up

## PROCEDURE

1. Gather youth in a circle - approximately 8-10 youth per circle.
2. Tell the youth that they will be working together to learn different exercises that they can do at home.
3. Select one of the youth as group leader; that youth will roll the dice. Then that youth will lead the others in doing an exercise a certain number of times as shown on the dice. (For example, if he or she rolls a 7 and toe touches, then the youth will do 7 toe touches as the leader counts aloud to 7.)
4. Pass dice to the youth to the left of the previous leader until all have had a chance to be leader.

JUMPING JACKS



PUSH UPS



ARM CIRCLES



CRUNCHES



TOE TOUCHES



HOPPING ON ONE FOOT



## REFLECT: Ask Youth

1. What exercises did you enjoy?
2. What is the purpose of each exercise?
3. Which are strength, cardio, or flexibility exercises?
4. What are some other exercises you could do?

## APPLY: Ask Youth

1. As a result of this activity, what exercises will you use more frequently?
2. How can you involve your friends in your exercises?

**Supply Note:** You may substitute regular dice for oversized dice, and the youth leader may call out the exercise until all exercises have been completed.

*Thank you for participating in this fun activity!*



**Cooperative Extension**

COLLEGE OF AGRICULTURE &  
NATURAL RESOURCES

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>. Or call your County Cooperative Extension Office.



Our thanks for supporting DE 4-H "Youth Voice, Youth Choice" building healthy communities through engaged youth!